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Care For Life is a 501(c)(3) charitable organization and has NGO status in Mozambique. It was founded in 2001.

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The "Silent Tsunami"

A Letter From Cindy Packard, President/Founder - Care For Life

Dear Friends,

When the Asian tsunami struck unexpectedly and left lives torn apart, the nations of the world were moved and responded with an outpouring of much needed relief and help. People mobilized efforts and shared what they could. The tragedy brought us closer as a human family.

Now that the poignant pictures and stories are fading from the news let us NOT go back to life as usual. Every day throughout the world the devastation of extreme poverty rips lives apart. It takes parents from their children, forces orphans to the streets without food, clothing or shelter, and makes life for those affected a tragedy of unimaginable proportions. 200,000 lives were lost in the tsunami's wake. Yet in sub-Saharan Africa malaria alone claims 150,000 lives a *month*—most of them children under five years old. It has been called the "Silent Tsunami." For only \$3.00 a treated mosquito net can protect a family from this disease.

Mozambique has the lowest life expectancy of all nations of the world—only 34 years. It is one of the poorest countries in the world, with over 80% of its people living in "extreme poverty" (defined as under \$1.00 a day). That is why we are there. With a dedicated staff of now over 60 full-time employees in Mozambique and a larger number of trained and caring volunteers, *Care for Life* is responding to the devastation of poverty and bringing much needed relief and help. Our work is only possible because of you, our donors. Thanks to your response, neglected orphans are being cared for, the sick and dying are receiving compassionate assistance, illiterate women and children are learning to read and write, and vulnerable families and communities are being preserved and their capacities strengthened. Thank you for making it possible to reach out a hand of rescue to some of those most affected by the devastating scourge of poverty.

Their suffering is our suffering. Their relief is our relief. We are all a part of the Family of Man. Please join us, share what you can . . . and remember.

With love and gratitude,



Cindy Packard



Jolly Nyeko and Care For Life in Action

by *Sylvia McMillan Finlayson*
Executive Director - Care For Life

There are many people who care about poor children and the injustices they suffer. There are far fewer people who actually do something about it. Jolly Nyeko is one of those rare individuals who have turned words into action. Founder of Action for Children (AFC) in Uganda, Jolly Nyeko has created a highly effective organization that is built on principles of true development and which works among the country's most vulnerable persons to help preserve families. The AFC mission is to: "Rescue children from immediate danger and give them an opportunity to develop a purposeful future."



Left to right: Jolly Nyeko, Sylvia Finlayson, Lydia Nyesigomwe, Ana Maria Guinda, Cindy Packard

In April of this year *Care for Life* President, Cindy Packard, and I visited Uganda to see first-hand this outstanding organization and meet personally with Jolly. *Care for Life* has programs that target many of the same population groups such as orphan-led families, families affected by HIV/AIDS, grandparent-headed households, etc. Cindy and I felt like we could gain from an exchange of ideas and methodologies with AFC and we did not leave disappointed.

We saw dynamic individuals and leaders in action working with a variety of community groups as they planned for everything from income generating activities to children's brigades. We learned new ways to further increase the capacity of individuals and empower local communities to respond to their needs in their respective areas. AFC is truly a 'from the roots up' organization and CFL will benefit from the time spent with this remarkable woman and organization.

You're Invited! Come Visit the New CFL Website!

Since our last news letter, *Care For Life* has launched a new website. (www.careforlife.org) We hope to be better able to provide better, current information about CFL activities. Included in the site are new features, such as a Volunteer Center to help communicate with those who wish to volunteer, as well as a way for those volunteers to communicate with us.

The new website is the product of a competition held by the BYU Center for eBusiness. Student teams competed to develop websites to meet the needs of three businesses chosen by the college. *Care For Life* was chosen to be the sole non-profit organization in the competition. The winners received prize money contributed by private donors.

The winning team added many new features, not the least of which was the ability to process credit-card transactions on-line. *Give it a try - it works great!*

Coming soon will be a *Care For Life* store where you can buy items from Mozambique, as well as purchase items to be used to help those people in Mozambique who need help.



Left to Right:
Brad McBride (CFL), winning team: James Hoffman, Molly Anthony, Cahlan Sharp, Jim Wilson (not shown) Doug Witt (BYU)

Care for Life 2004 Financial Summary

by Blair Packard - CFL Secretary/Treasurer

We are pleased to share this financial report and the accompanying graphics for our 2004 fiscal year. Non-profits have an inherent obligation to share this information with donors and potential contributors, and we hope this information is helpful. Further questions may be directed to Blair Packard at blair@careforlife.org.

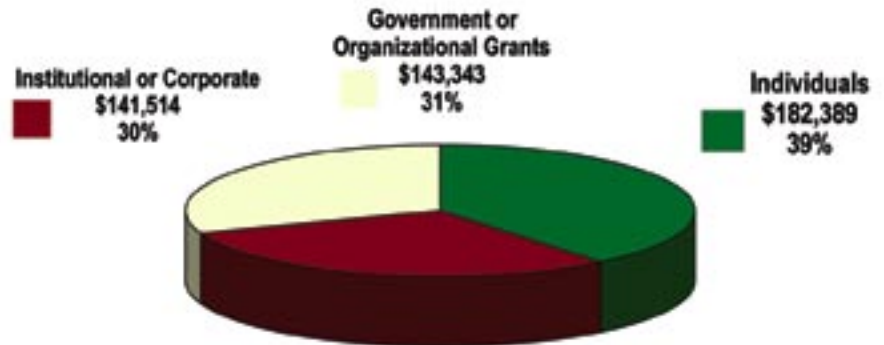
Care for Life's income for 2004 can be characterized by one word – diversified. There are almost equal proportions of private donors, institutional or corporate donors, and grant funds that have come exclusively from government or other non-profit organizations within Mozambique. This is the first year we have pursued grant funding and this will continue to be a part of Care for Life's funding mix in the future.

On the expense side of the equation the most important number is the low 6% of expenses for US operations and the 94% of contributions that are put to use directly in Mozambique. We have a wonderful and talented group of volunteers that keep CFL running smoothly and without a drain on finances on the US side of the equation. CFL has a full time paid staff of over 60 Mozambicans who carry out the work of all programs in Mozambique. There are numerous other volunteers and activists who work alongside our staff in Mozambique to multiply our efforts.

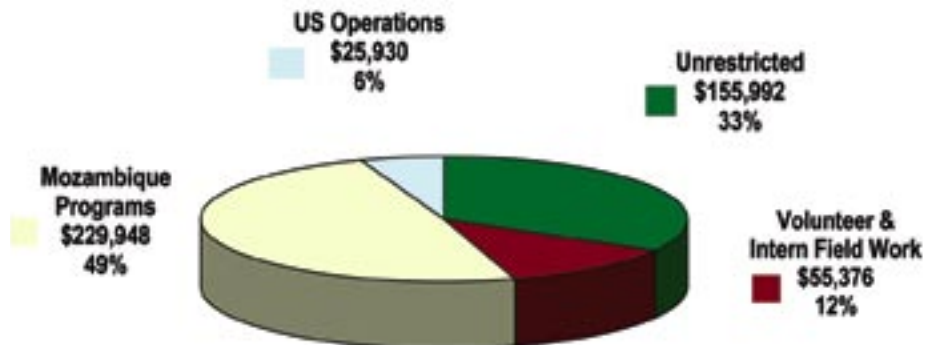
The significant capital investment in Mozambique in 2004 is higher than we plan for future years but relates to long term investment in facilities, farms and vehicles now that are necessary to carry out our work in Mozambique in the future. We are there to stay.

Care for Life is also undergoing our first audit of our finances. Audited financial statements and operations are essential in order to give our donors the confidence that their funds are used appropriately and also for grant applications. Our 2004 fiscal year audit should be completed in the first part of 2005.

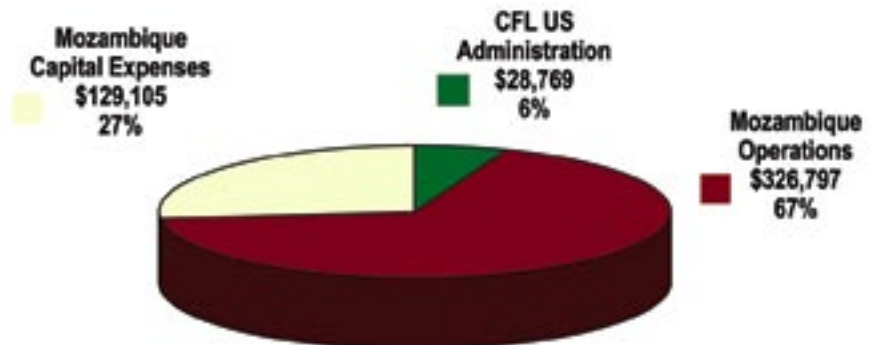
CFL Income by Donor Type - 2004



CFL Income by Purpose - 2004



CFL Expenses - 2004 (Operational & Capital)



Volunteer Corner

Youth volunteers, mostly college students, are an essential part of the Care for Life mission and organization. This feature enables us to hear the voices of these talented and enthusiastic young people and share in their experiences.

Mark Rowan spent three full months in Mozambique as the Volunteer Project Coordinator last summer. He is currently a student at Brigham Young University, majoring in Physiology and Developmental Biology in preparation for med school. He learned about Care for Life while taking a Portuguese class at BYU, where he met Annie Packard (who wrote the "Volunteer Corner" article for our last issue).

"Mazungo, mazungo! (White people!)" the neighbor kids yelled each day as we drove the *Care For Life* van down the dirt road to Zacarias' place, where we were building his new home. It was a process that would take over two months' time and a lot of sweat and hard work, but for those involved, it would be one of the most fulfilling events of our lives. Zacarias was a 22 year-old orphan who, as the head of his household, took care of five younger brothers and sisters. They had been referred to *Care for Life* as a family in need of assistance from our Orphans and Vulnerable Children (OVC) program.

I remember our first day on the job site when we prepared the ground for the foundation. It was so fun to see how excited Zacarias was, knowing that he was finally going to get his house. The neighbor kids joined in with us as we all jumped up and down trying to compact the dirt. On another hot day we spent from sunup to sundown wheel-barrowing 12 cubic meters of sand a couple hundred yards to the site. We were all beat by the end of that day, but luckily enough the hardworking neighbor kids helped us out with that too.

After a day or two of working on the house, João, Zacarias' friend and neighbor, showed up on the site. He asked us if we could use any help. We told him that we couldn't hire anybody because we didn't have the money, and that we were all just volunteers, but he agreed to work along with us as another volunteer. João ended up giving hours and hours of his time



each day to help build the house. I'll never forget the wonderful example of service, hard work, and dedication he was to each of us.

Zacarias' house was built of heavy 20-cm wide cinder blocks, stacked one upon another. One of the biggest tasks we had was making the cinder blocks. We decided that it would be more cost

efficient if we made as many of the blocks as possible ourselves. The blocks were made by mixing sand and cement and pounding the mixture down into a mold, which we would then flip over onto the dirt and leave to harden.

One of the biggest struggles we ran into was a typical Mozambican obstacle. The cement factory in Beira stopped producing cement due to some problems. For days we searched all over town but couldn't come up with a single bag of cement, stalling our progress on the house for about a week. I remember the day when Cindy Packard's daughter Annie returned home and yelled out "We got cement!" We all celebrated after hearing the good news and progress continued on the house the next day.

One of my fondest memories of Zacarias was when Peter, Alane, and I were laying brick walls with him one day. We'd been listening for about five hours straight to a Bob Marley tape, until Peter finally turned it off when we just couldn't stand it anymore. Zacarias hadn't seen Peter stop the tape, so he just assumed the tape had reached its end for the 20th time or so. I wish you could have seen the smile on Zacarias' face when we looked up after he'd hit the play button again and we heard the music come back on. We all laughed.

All in all, building Zacarias a home was one of the best experiences of my life, and something that I'm sure all those involved will never forget.

A Brighter Future for Henriqueta

by Dr. Chad Swanson

Dr. Chad Swanson lives in Milwaukee, where he is about halfway through his residency in Emergency Medicine at the Medical College of Wisconsin. He went to medical school at the Kirksville College of Osteopathic Medicine in Missouri, and also has a diploma in Tropical Medicine and Hygiene. Chad first learned about Care for Life from an online newspaper article; he has since made time to travel to Mozambique twice, in July and November (with his wife, Shannon) 2004, and will be returning this summer.

During a recent trip to Mozambique, I met six-year-old Henriqueta, a girl whose situation seemed hopeless. Her twin sister had died months earlier of tuberculosis and now she was suffering from the same disease. Her father had also died, most likely of AIDS. Shortly after his death, her mother abandoned her. A local family informally adopted Henriqueta, but, unfortunately, they had barely enough to provide for their own children. I was introduced to Henriqueta through Brandon, a Mozambican supervisor in our Orphans and Vulnerable Children (OVC) program. Thanks to help provided by Brandon and the local health volunteers at *Care for Life*, Henriqueta is now receiving nutritional supplements and assistance with her tuberculosis medications through CFL's Community Health and OVC programs. Her future is much brighter. Henriqueta's story exemplifies both the past tragedy and future hope of her country, Mozambique.

The health needs in Mozambique are enormous. Decades of colonial rule left a weakened infrastructure and an uneducated population, and the 17 years of civil war that ensued ravaged Mozambique's health system. Diseases like malaria and AIDS are killing the young at an alarming rate and future projections are discouraging. The dying is leaving children orphaned, and numerous sick mothers and fathers are unable to provide for their families. During my time spent in a malnutrition clinic, I witnessed first-hand the suffering of innocent children. Disease is crippling Mozambique's society.

Yet, there is hope on the horizon. Despite the country's troubled past, recent years have brought Mozambique unprecedented economic growth and political stability. Such positive changes provide opportunities for combating disease, which had not been possible under past conditions. In addition, Internet access has made frequent communication possible between health leaders in Mozambique and health professionals in developed countries. Internet access has also made successful public health experiences worldwide readily available like never before. *Care for Life* can aid in extending the progress Mozambique has made in recent years to the health of its people.

Currently, we have fifty Mozambican health volunteers who work in five communities promoting sustainable health interventions. In an area where

nearly 30% of the people have HIV (the virus that causes AIDS), our volunteers educate the general public about disease transmission, testing, and treatment. We are presently distributing 250 mosquito nets that will halt malaria transmission. Over 700 families have been taught how to avoid malaria and when to seek treatment. We work side by side with the local health ministry and other non-governmental organizations so that our work is not needlessly duplicated, and our results are lasting. The type of coordination between local community leaders and organizations like *CFL*, exemplified by Henriqueta's story, will be required to provide hope to the Mozambicans who suffer from disease.

Please join us as we struggle to turn the tide of past tragedies and disease in Mozambique. We are especially in need of people who can contribute time or financial support on a long-term basis. Such a commitment allows us to provide sustainable programs rather than quick-fix handouts. *Care for Life* is dedicated to meeting the difficult, yet not impossible, challenges that lie ahead. We hope you will be a part of this vital effort to help care for and lift the poor of Mozambique.



How You Can Help

How to be a part of Care For Life (without the jet-lag)

Donate!

As we noted in our article on the shipping container we sent to Beira, the most effective way to help is with a cash donation. This allows us to purchase needed supplies in Mozambique, which helps the local economy and circumvents lengthy red tape and shipping expense. Even one dollar can make a difference to the sick or hungry. This also serves to strengthen the local economy.

To make a one-time or monthly donation, visit www.careforlife.org, call 1-888-JOIN CFL (888-564-6235), or email info@careforlife.org



The Mission of Care For Life

To alleviate suffering,
promote self-reliance,
and instill hope.



Spread the Word!

- Refer friends to our website
- Pass along this newsletter
- Help your school, community organization or civic group organize a fundraiser or project on Care For Life's behalf. We are available to visit your organization for presentations on CFL's current projects. Contact info@careforlife.org or call 1-888-JOIN CFL.

See and Share the New CFL DVD!

Care For Life has recently completed a new 15 minute DVD that explains the difficulties in Mozambique, as well as how Care For Life is working to address them.

Get to know the people and programs of CFL by requesting your copy from chantal@careforlife.org. A contribution to help offset the cost and mailing of the DVD would be greatly appreciated.

How You Have Helped! A Monumental Task: Donated Supplies Arrive in Beira!

by Ruthanne VanWagoner
CFL Volunteer Coordinator

How do you get 850 boxes full of birth kits, baby kits, hygiene kits, blankets, clothes, medical supplies, toys and educational materials to Mozambique, Africa? In a 40-foot container, loaded onto a train and from there to a boat headed for the Indian Ocean, of course! Sounds easy enough to do, but difficult to put into action and complete.



After three years of gathering donated items, inventorying, boxing, labeling, valuing, weighing and praying, the container arrived in Beira, Mozambique, in January 2005. Cheers and hoorays were heard on both sides of the world. Getting a container of this size into a country that has strict guidelines is a monumental task. Obtaining the proper signatures for duty-free and tax-free humanitarian supplies requires persistence and patience. The requirements for the container to be accepted included an inspection, fumigation, money, and paperwork piled higher than one wants to see on their desk. One lesson we have learned from the whole experience is that monetary donations best serve the people of Sub-Saharan Africa. The money donated can be used to purchase the badly needed supplies "in-country." Those supplies usually cost less there than here in the States, and the purchases stimulate their economy.



But it all seemed worth it when eight tons of donated supplies finally reached the poorest of the poor. The supplies gave our brothers and sisters in Mozambique renewed hope, knowing that someone cares enough about them to donate badly needed, life-sustaining materials.

Many children have only one set of clothes to wear, no shoes on their feet, and only a dirt floor to sleep on at night. It is difficult for them to even imagine how to obtain the pencil, notebook and shoes they need to go to school. The money they would spend on school supplies and shoes can now go to put food in their stomachs, thanks to the donated clothing and educational supplies. The skills they learn in school will give them the opportunity to earn money and support their families so that there will be no more empty distended tummies.

It all started with someone who cared enough over here to help a child go to school or a mother to give birth safely over there. Many generous donors made this possible. These include the elderly lady who sewed dresses for the children in the orphanage, those who participated in community projects to put together 7,062 birth kits, 1,047 hygiene kits, baby kits and education kits, and all those in between that made sure there are blankets for cold families and doll for a child to hold when she needs some

comfort. A minimum of 12,000 hours went into making and putting together the supplies and preparation of the container. *Food For The Hungry* helped with the costs of shipping the container to Beira. How grateful *Care for Life* is for their interest in helping all who are in need. Huge thanks to all who contributed materials, time, money and equipment to make the lives of our African neighbors more livable, hopeful, and joyful.

You Are the Real Heroes

Stories of remarkable people just like you who are making a real difference in the lives of Mozambican people!

Nancy Garner could surely give just about any reason she chooses why she is unable to help poor people in Mozambique, and none of us could fault her. As a widowed mother of 12 adopted children, eight of whom are “special needs” kids, she is certainly too busy, and her resources are certainly stretched thin. But she doesn’t see it that way.

Once a month, as she is doing her budget, Nancy slips a \$25 check into a pre-addressed, stamped envelope to her fulfill her commitment to make a monthly donation to *Care for Life*.

“\$25 looks frail to us here, but I know that they can do miracles with that amount of money for a child in a third-world country,” said Nancy. “That’s just a pizza night for our family—so we eat a little less pizza, watch a few less movies.” Her desire to help poverty-stricken children in other countries was sparked by both the international children she has adopted and the American foster children she has taken in over the years. Often, the kids she helps are in foster care due to drug-related problems in their birth families. “In our society, we have so much, and we get tied up in thinking we need everything, and end up turning to drugs. So

often, our issues are of our own choosing. In countries like Mozambique, their issues are about how to survive. That money is a drop in the bucket to me, but could mean survival to them.” She also makes a monthly donation to an orphanage in Korea (three of her adopted children are from Korea).



Nancy participated in a service project at her church on behalf of Care for Life some years back. She later read a local newspaper article about Cindy and Care for Life that touched her heart, prompting her to contact Cindy. She has been a faithful supporter ever since.

Nancy has found philosophies that resonate with hers in both Richard Paul Evans (*The Five Lessons a Millionaire Taught Me*) and financial guru Suze Orman, both of whom espouse regular giving as part of a meaningful financial plan. Suze Orman recently said that the outpouring of help to tsunami victims was wonderful, but that it is absolutely necessary in today’s moral world to find a cause and give to it monthly.

Although providing for the future of her own children is a very real concern to her, Nancy says, “I can’t fathom not giving time or money to good causes that you have investigated and know to be worthwhile. I guess my philosophy is that my money goes better if I think I’m taking care of others needs—then I just don’t think I need as much.”

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